

# **Sexual Activity and Human Reproduction**

(Sex-separated lesson)

## **Learning Target:**

I can explain the process of human reproduction and the benefits of postponing premarital sexual activity.



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# Teen Pregnancy Facts

- **There were 229,715 teen pregnancies in 2015.** While the teen pregnancy rate in the United States has decreased over the past decade, the United States still has the highest rate of teen pregnancy among industrialized nations.
- **The majority of teen pregnancies occur among 18-19-year-olds,** but that doesn't mean that you're immune if you are under 18.
- **Parenthood is the leading reason why teen girls drop out of school.** Only 50% of teen mothers will graduate high school by age 22, compared to 90% of women who were not teen mothers.

# **Lesson 1 (Day 2)**

Learning target: I can explain potential risks associated with being sexually active, as well as ways to minimize those risks.

## **Bell Ringer:**

Complete the FACT OR FICTION handout. For each statement, use the center column to indicate whether you believe that statement is a fact or fiction. The far right column will be used later in the lesson.

# Sexually Transmitted Infections (STIs)

Most commonly transmitted via sexual intercourse are:

- Gonorrhea
- Syphilis
- HIV/AIDS
- Chlamydia
- Herpes
- HPV (Human Papillomavirus)---can lead to cancer



# What is HIV?

- Human: Infecting human beings.
- Immunodeficiency: Decrease or weakness in the body's ability to fight off infections and illnesses.
- Virus: A pathogen having the ability to replicate only inside a living cell.

# What is AIDS?



- Acquired: To come into possession of something new.
- Immune Deficiency: Decrease or weakness in the body's ability to fight off infections and illnesses.
- Syndrome: A group of signs and symptoms that occur together and characterize a particular abnormality.

AIDS is the final stage of the disease caused by infection with a type of virus called HIV.

# Chlamydia

- A common sexually transmitted infection (STI).
- Can damage a woman's reproductive organs.
- Can cause discharge from the penis of an infected man.
- Chlamydia can be easily treated and cured with antibiotics.



# **Gonorrhea**

- Can grow and multiply easily in the warm, moist areas of the reproductive tract.
- The bacterium can also grow in the mouth, throat and eyes.
- Often there are no signs or symptoms.

# Syphilis

- Often called “the great imitator” because so many of the signs and symptoms are indistinguishable from those of other diseases.
- Symptoms include sores and, in later stages of the infection, damage to internal organs, dementia, paralysis, blindness and even death.

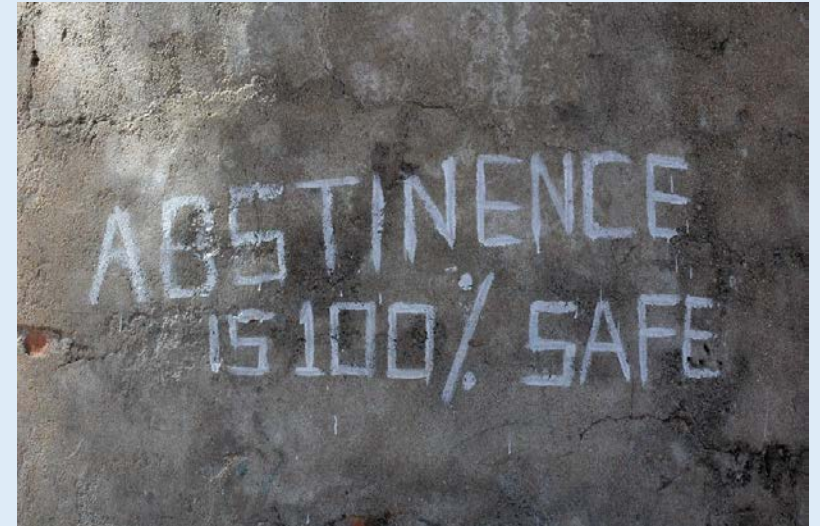


# Genital Herpes

- Caused by the Herpes simplex viruses type 1 (HSV-1) and type 2 (HSV-2).
- Most individuals have no or only minimal signs or symptoms.
- When signs do occur, they typically appear as one or more blisters on or around the genitals or rectum.
- Symptoms do not have to be present to transmit the infection.
- There is no cure for Herpes.

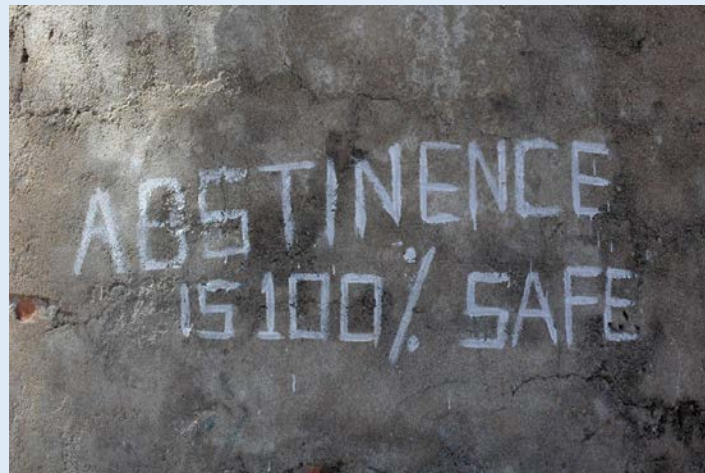
# Sexual Abstinence

- Voluntarily choosing not to have sexual intercourse.
- The key to responsible sexual behavior is knowing the consequences of one's actions and developing personal feelings of self-discipline and self-control.
- Respect for self is most important.



# Benefits of Sexual Abstinence

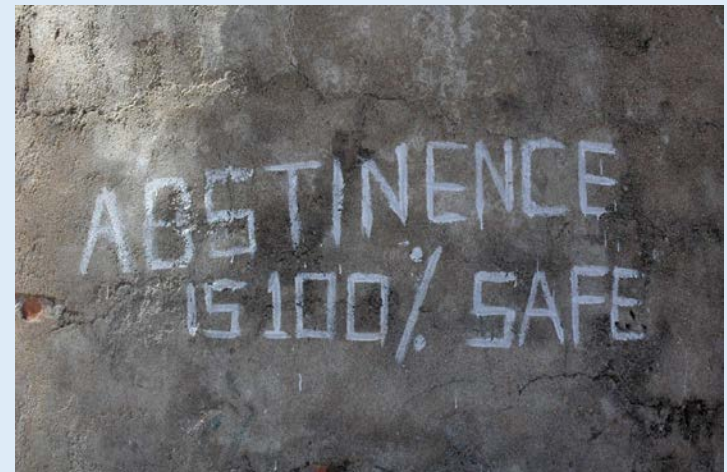
- Self-respect and respect of others
- Emotional and physical maturity and social readiness
- Fulfill educational and career goals without potential barriers that may be associated with being sexually active
- Enjoy high school years, freedom from guilt, worry, rejection and disappointment.



# Abstinence:

Is the only method of contraception that is **100** percent effective!

Barrier methods (condoms) and chemicals (spermicides, etc.) have a high failure rate for both disease and pregnancy prevention.





## **I HAVE A QUESTION.....**

We strongly encourage you to discuss the information contained in this lesson with your parent/guardian or trusted adult.



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# Works Cited

- Center for Disease Control, [www.cdc.gov](http://www.cdc.gov)



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